

Company	I need help with:	Service/Resource	Languages	Website
MDLive	General Health	Assessment to help you understand your Coronavirus risk based on symptoms and other factors, based on the Centers for Disease Control and Prevention (CDC) guidelines.	English	<a href="https://www.mdlive.com/coronavirus">https://www.mdlive.com/coronavirus</a>
Babylon Health	General Health	Health tools that use artificial intelligence to help you understand your symptoms, assess your current health, and track your mood, activity, and more. Additional services are free through selected healthcare plans.	English	<a href="https://www.babylonhealth.com/">https://www.babylonhealth.com/</a>
Sydney Care	General Health	A risk assessment for COVID-19	Multiple	<a href="https://apps.apple.com/us/app/sydney-care/id1472208367">https://apps.apple.com/us/app/sydney-care/id1472208367</a>
DoctoronDemand	General Health	A risk assessment to help you determine if you should seek evaluation by a doctor, based on Centers for Disease Control and Prevention (CDC) guidelines. Will provide you with personalized recommendations based on your answers.	English	<a href="https://www.doctorondemand.com/coronavirus?utm_source=consumer&amp;utm_medium=web&amp;utm_campaign=COVID19_HomeBanner_LearnMoreLP">https://www.doctorondemand.com/coronavirus?utm_source=consumer&amp;utm_medium=web&amp;utm_campaign=COVID19_HomeBanner_LearnMoreLP</a>
Corona Virus Checker	COVID Assessment and Symptom Tacker	Assessment to help you understand your Coronavirus risk based on symptoms and other factors, based on Centers for Disease Control and Prevention (CDC) guidelines.	English and available in 12 languages including Spanish	<a href="https://c19check.com/start">https://c19check.com/start</a>
CDC Symptom Tracker	COVID Assessment and Symptom Tacker	This symptom checker can help you make decisions and seek appropriate medical care.	English, and printable resources in Spanish	<a href="https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html">https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html</a>
Symptomate	COVID Assessment and Symptom Tacker	Symptom checking tool and guidance	English and available in 9 languages including Spanish	<a href="https://symptomate.com/">https://symptomate.com/</a>
WYSA	COVID Assessment and Symptom Tacker	Health app for anxiety, isolation support, depression and stress using artificial intelligence (AI) chat and virtual tools	English	<a href="https://www.wysa.io/">https://www.wysa.io/</a>
Ro	COVID Assessment and Symptom Tacker	Online assessment for COVID-19 that will connect you with a medical provider for a free consultation, if appropriate	English	<a href="https://covid.ro.co/">https://covid.ro.co/</a>
Colorado Department of Public Health & Environment	COVID Assessment and Symptom Tacker	Report your symptoms into the CDPHE Symptom Tracker to allow public health to track COVID-19 symptoms as they occur across the state	NA	<a href="https://covid19.colorado.gov/covid19-symptoms">https://covid19.colorado.gov/covid19-symptoms</a>
Crisis Textline	Crisis Support	Text a Crisis counselor for support	English	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
Modern Health	Mental Health	Platform with a full spectrum of resources, ranging from digital courses and meditations to a network of certified coaches and licensed therapists	English	<a href="https://www.joinmodernhealth.com/">https://www.joinmodernhealth.com/</a>
Coa	Mental Health	Therapy & expert-led classes for mental health	English	<a href="https://www.joincoa.com/classes#upcoming-sessions">https://www.joincoa.com/classes#upcoming-sessions</a>

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Generation Mobility	Mental Health	Online counseling and coaching for individuals and families offered in various languages for those living outside their home country	Multiple	<a href="https://www.genm.global/salus">https://www.genm.global/salus</a>
Am Mindfulness	Mental Health	An evidence-based mental health and performance program, combining educational content with psychotherapy	English	<a href="https://www.midigitaltherapeutics.com/am-mindfulness.html">https://www.midigitaltherapeutics.com/am-mindfulness.html</a>
Wellness Coach	Mental Health	A wellness app that provides access to a Wellness Coach and a library of wellness tools such as guided meditations, workout videos, and sleep music. They are extending FREE access for unlimited licenses to every company for next 90	English	<a href="https://www.meditation.live/covid-19">https://www.meditation.live/covid-19</a>
Sanvello Health	Mental Health	On-demand help with reducing stress and anxiety with coping tools, peer support, and content	English	<a href="https://www.sanvello.com/coronavirus-anxiety-support/">https://www.sanvello.com/coronavirus-anxiety-support/</a>
Mental Health America	Mental Health	A compiled range of resources and information to aid individuals and communities during this time	English, Spanish	<a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a>
Sanvello	Mental Health	An app that offers on-demand virtual coaching and care for stress, anxiety, and depression	English	<a href="https://sanvello.com">sanvello.com</a>
Blueprint	Mental Health	An app to track your mental health and wellbeing	English	<a href="https://blueprint.link/app">https://blueprint.link/app</a>
Porch Light	Mental Health	A mental health care networking tool	English	<a href="https://www.porchlightapp.io/">https://www.porchlightapp.io/</a>
Manatee	Mental Health	An app that empowers families by clearly outlining treatment goals and gamifying therapy for children.	English	<a href="https://getmanatee.com/">https://getmanatee.com/</a>
CheckingIn	Mental Health	An app to remind you to check in and reflect daily to improve your emotional well-being, currently offering free 14-Day Emotional Well-being program to support your mental wellness as we navigate the uncertainty of COVID-19.	English	<a href="https://www.checkingin.co/14-day-emotional-well-being-program/">https://www.checkingin.co/14-day-emotional-well-being-program/</a>
Magellan / Restore	Mental Health	Educational digital cognitive behavioral therapy programs with easy sessions teach skills, techniques and practices to help improve your sleep and sleep quality	English	<a href="https://www.magellanhealthcare.com/restore/">https://www.magellanhealthcare.com/restore/</a>
7Chairs	Mental Health	Online small intimate group support	English	<a href="https://www.7chairs.co">www.7chairs.co</a>
eMindful / eM Life	Mindfulness	Virtual interactive sessions led by certified experts available multiple times every day of the week, with new mindfulness topics and skills shared daily	English	<a href="https://vibe.emindful.com/signup/oasis">https://vibe.emindful.com/signup/oasis</a>
Ompractice	Mindfulness	Live, interactive online yoga. 7 day free trial available.	English	<a href="https://www.ompractice.com/">https://www.ompractice.com/</a>
Calm	Mindfulness	An app for sleep, relaxation, and meditation	English, Spanish, Dutch, French, Portugues	<a href="https://www.calm.com/">https://www.calm.com/</a>
Recovery Record	Nutrition	Evidence based app for eating disorder recovery	English	<a href="https://www.recoveryrecord.com">www.recoveryrecord.com</a>

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National Eating Disorders Association	Nutrition	Helpline and click-to-chat for real time support and referral for eating disorders	English, Spanish	<a href="https://www.nationaleatingdisorders.org/">https://www.nationaleatingdisorders.org/</a>
Back Country Wellness	Nutrition	Virtual programming including meal support therapy, group therapy, individual therapy and family therapy	English	<a href="http://www.backcountrywellness.com">www.backcountrywellness.com</a>
Savor Health	Nutrition	Unlimited free access to personalized nutrition and symptom management via text with Ina® to help cancer patients get the nutrition support they need during this crisis	English	<a href="https://covid-19_ina_support.savorhealth.com/portal/">https://covid-19_ina_support.savorhealth.com/portal/</a>
Coa	Peer Support	Virtual COVID-19 parent support groups, free groups available.	English	<a href="https://coamentalfitness.typeform.com/to/PdyqQG">https://coamentalfitness.typeform.com/to/PdyqQG</a>
Supportiv	Peer Support	Virtual peer chat support and resource list	English	<a href="https://www.supportiv.com/blog/how-to-help-others-in-an-era-of-anxiety-and-struggle-collection">https://www.supportiv.com/blog/how-to-help-others-in-an-era-of-anxiety-and-struggle-collection</a>
Empower Work	Peer Support	Discuss work issues confidentially with a trained peer counselor via SMS text to or live chat	English	<a href="https://www.empowerwork.org">https://www.empowerwork.org</a>
9news health neighbors	Peer Support	Consumers who need support, feel isolated, and need to ask medical questions can call 303-698-4455 x2005 to leave a message with a 9Health Medical Neighbor and will receive a call within 24 hours.	Bi-lingual	<a href="https://www.9healthfair.org/news/9health-neighbors/">https://www.9healthfair.org/news/9health-neighbors/</a>